



APRIL 1ST - 30TH STRETCH IT OUT!

30 Day Challenge

Take the stretching challenge and commit some time each day to your health!

Complete the challenge and be entered into a random drawing for a chance to win a **Play It Again Sports** gift card!



Premise Health
Keep your edge.

WHAT IS THE STRETCH IT OUT! @ WORK, 30 DAY CHALLENGE?

This challenge will teach you the importance, benefits and proper techniques for stretching during your workday.

It encourages you to take “micro-breaks” at work to help alleviate stress, muscle and joint pain, fatigue and eye strain.

IT'S EASY... YOU CAN STRETCH ANYWHERE!

When you sign up you will receive a Calendar Log to track the number of minutes you stretch each day and the WorkSmart Stretching Plan. Each week you will be emailed tips to help you along. At the end of the program, all you have to do is turn in your completed log and survey to be entered into the random drawing!



TO REGISTER

EMAIL KELLI AT:

KPERRIEN@RUTHERFORDCOUNTYTN.GOV

PROGRAM PROVIDED BY:
SMART STEPS -
RUTHERFORD COUNTY
EMPLOYEE WELLNESS PROGRAM